

A Free Monthly Newsletter From Your Friends At Jimmy's Automotive Center

February Events

February 2nd	Groundhog Day
February 8th	Super Bowl Sunday
February 14th	Valentine's Day
February 16th	Presidents' Day
February 17th	Mardi Gras
February 27th	Polar Bear Day

Protect Your Security When You Travel

Business and personal travel continue to increase, and if you haven't been out of town in a while, it may be helpful to refresh your approach to staying safe and secure on the road. Here are some practical tips shared by the Travel Daily News website:

- **Pack a doorstop.** This small item can be one of the most effective tools for personal safety. Don't rely solely on a hotel's built-in locks. A simple doorstop wedged under the door can prevent or slow an intruder, giving you time to call the front desk or local authorities. Some models even include built-in alarms.
- **Choose the right room location.** Request a room between the third and sixth floors. This range is high enough to make balcony access difficult for intruders, yet low enough for firefighters to reach in an emergency.
- **Bring a "go bag."** Prepare a small bag with essentials such as important documents, cash, water, and nonperishable snacks. This allows you to leave quickly if you must evacuate due to a fire, earthquake, or another unexpected situation.
- **Pay attention to your surroundings.** Always identify exits when entering a new place. While checking in, observe the lobby for anyone acting suspiciously. In the hallway outside your room, note the direction and distance to the nearest stairwell so you can find it quickly if needed.



Keep Your Diet Balanced With This Simple Advice

Staying healthy, especially during the winter months, requires commitment, but it's not all that complicated. Just remember these health and wellness tips from the Savvy Mom website:

- **Eat breakfast every day.** Eating something in the morning helps kick your metabolism into gear. A piece of toast, some oatmeal, or a smoothie can help you wake up and feel energized for the day.
- **Practice moderation.** You don't have to starve yourself or deny yourself your favorite foods. Just keep things in the right proportion. Eat slowly, and resist the temptation to binge. You'll find yourself just as satisfied if you give your body a chance to digest without stuffing your stomach.
- **Stay hydrated.** Water helps flush things through your system and makes you feel full. You can add some flavor to it with a slice of lemon or a drop of orange or cranberry juice if plain water is too boring.
- **Monitor your emotions.** Depression and anxiety can push you into overeating. Don't wallow in guilt for having a good meal. Put it behind yourself and focus on maintaining a healthy balanced routine going forward.
- **Keep a food journal.** Write down everything you eat. This helps you keep track of habits and patterns so you can make better choices during and between meals.

Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to reach out to us...

Call us at
(828) 658-3030

Email us at
Jimmysautomotivecenter@gmail.com

Valentine's Special

Expires 2/28/26 - Must Present Coupon
Not Valid With Other Offers

- ♥ 25 Point Safety Inspection
- ♥ Oil & Filter Change
- ♥ Tire Rotation



Most Vehicles
\$99.99
Euro Vehicles
\$139.99

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

Romance Fills The Air On February 14

Although today the term "Valentine" represents romance, multiple early Christian martyrs once shared that same name. The Valentine most often linked to the celebration was a priest who lived in Rome during the third century. Emperor Claudius II banned marriage, believing married men failed to become fierce and fearless soldiers in battle. When Valentine kept performing secret weddings, Claudius ordered him arrested and executed.

In another telling of the legend, Valentine tried to convert Claudius to Christianity while imprisoned, but was later executed. Other stories say Valentine healed his jailer's blind daughter, and the pair eventually fell in love. By legend, Valentine's final note to her was signed, "From your Valentine."

Valentine's Day gained popularity in the late eighteenth century, when a British publisher released a book titled *The Young Man's Valentine Writer*, filled with sentimental poems for lovers unable to craft their own heartfelt romantic messages easily themselves.

Improved printing methods and reduced postal costs together helped make holiday cards easier to share. The first commercial Valentine's Day cards appeared in 1847, created by Esther Howland, whose father owned a book and stationery shop in Worcester, Mass.

Valentine's Day is now celebrated across many nations worldwide, including the United States, Canada, Mexico, the United Kingdom, France, Australia, and several others.



Take These Precautions When Driving In Rainy Weather

April showers may bring May flowers, but they also make driving difficult. On a yearly basis, 75% of all weather-related car accidents happen on wet pavement, and 47% of them occur when it's raining. To avoid becoming another accident statistic, take note of this advice from the Bankrate website:

- **Stay home if possible.** Avoid driving during storms and heavy rainfall, or at least wait until the worst is over.
- **Keep your distance.** Drive more slowly than usual. Keep more distance between your car and the vehicles ahead of you. Driving too fast during slippery conditions can cause hydroplaning and loss of control.
- **Don't use cruise control.** Use your car's cruise control only when it's dry out. You'll be able to react faster if something unexpected happens.
- **Defrost.** Be sure to keep your front and rear window defrosters going so you can see clearly ahead of you and behind.
- **Slow down slowly.** Avoid slamming on the brakes. Ease down on the pedal so you don't hydroplane or hit another car.
- **Move smoothly.** Don't jerk the wheel to turn, or make any sudden maneuvers while driving during wet conditions.
- **Keep steering if you skid.** If your car starts to skid, continue in the same direction you're headed. Don't slam on your brakes or try to change direction.
- **Avoid buses and trucks.** Large vehicles can impede your visibility in bad weather.
- **Stay calm if you're hydroplaning.** It usually lasts only for a few seconds. Pump the brakes lightly instead of stomping on them. Turn in the direction of your hydroplaning path to realign your tires. Take your foot off the gas gently to slow down and regain traction and control.



Flush Out The Old Contaminated Fluid With A Winter Cooling System Flush Deal!

**Extend the life of your radiator, heater core,
water pump, head gaskets, freeze plugs and
radiator and heater hoses.**

**\$30.00
OFF**

**Expires 2/28/26
Must Present Coupon
Not Valid With Other Offers**

Congratulations To Our Client Of The Month!

Every month, we choose a very special client of the month. It's our way of acknowledging our great clients and saying thanks to those that support our business with referrals and repeat business.

This month's Client of the Month is

Alexandria Shuman



NASA Probe Touches The Sun

For the first time, a spacecraft from Earth has touched the edge of the sun's corona, spending five hours in direct contact with the sun's plasma, the Science Daily website reports. The craft, NASA's Parker Solar Probe, entered the Alfvén Critical Surface, where the sun's gravitational and magnetic forces control solar wind and where sudden reversals of the magnetic field, known as switchbacks, emerge from the sun.

The Parker Solar Probe made three separate passes above and below the Alfvén Critical Surface during the mission. NASA scientists observed fewer switchbacks below the Alfvén Critical Surface than above it, which could mean that switchbacks don't actually form within the corona. Researchers also found that the Alfvén Critical Surface is wrinkled, with the largest and most distant wrinkle produced by a pseudostreamer—a large magnetic structure more than 40 degrees across—pushing the surface away from the sun for unknown reasons.

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Limit Your Distractions

If you're finding it hard to tap into your creative center, multitasking might be to blame. Answering texts or voicemails, checking your emails, and dividing your attention among too many tasks are probably hampering your ability to think and act creatively.

What can help? Quality time focused on thinking, creating, or doing nothing so a flood of ideas has a void to fill. Give yourself this time, whether for a few minutes or an hour, to take a walk, journal, meditate, or focus on a creative practice.

Think of it this way: If you're learning to play the guitar or taking ballroom dance lessons, you would commit to a specific amount of time for instruction and for practice. You wouldn't be making phone calls or writing a report or doing chores during this time. The same is true for times when you are engaged in any creative endeavors, or just need space to think freely. Remove distractions so the ideas can flow.



Do You Want To Win A \$25.00 Gift Card To Cracker Barrell?

The first 10 people to call with the correct answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will receive a FREE \$25.00 gift certificate to Cracker Barrell! Here is this month's question... The first commercial Valentine's Day card appeared in what year?

(Hint: the answer is somewhere in this newsletter)

- a) 1927
- b) 1847
- c) 1782
- d) 1968

Call right now with your answer!

Last month's trivia challenge was, In what country do people smash old dishes against the doors of friends and family to celebrate the New Year??

Answer: C) Denmark

Congratulations to last month's winner...

Chris Ludlam

BIG GAME SPECIAL

**Bring This Coupon In This February & Take
\$60.00 OFF Any Repair Or Service Over \$500!**

Expires 2/28/26 - Must Present Coupon - Not Valid With Other Offers



SAVE \$60.00

FEBRUARY

A Free Monthly Newsletter
From Your Friends At
Jimmy's Automotive Center
277 Weaverville Rd.
Asheville, NC 28804
(828) 658-3030

What's Inside?

Win A \$25 Gift Card To
Cracker Barrell -
- February Events -
- Money Saving Offers -
& Much More!



What's The Answer?



Can You Limit Your Distractions?

Do You Know The Origins Of Valentine's Day?

Are Their Precautions When Driving In Rainy Weather?

How To Protect Your Security When Traveling?



*The Answers To These And
Many More Questions Are Inside*

